

**ABSTRACT OF THE DISCLOSURE**

A soup contains natural herbs which is healthy for a consumer's diet and further helps to increase the consumer's energy level. The soup has a meat product in a range of from about 45% to about 49% by volume of total composition which provides flavoring and protein to the soup. A liquid in a range of from about 45% to about 49% by volume of total composition is combined with the meat product to separate and dilute the meat product. Spices in a range of from about 1% to about 3% by volume of total composition are added to provide flavoring to the soup. Chinese herbs in a range from about 1% to about 7% by volume of total composition are also added for providing additional flavoring to the soup and for increasing an energy level and muscle strength of the consumer.